

difficulties (e.g., being able to cover monthly expenses; OR = 1.76, 95% CI: 1.36-2.29) were associated with anxiety. Participants who were worried about (re)infection with COVID-19 had a 1.28-times higher chance (OR, 95% CI: 1.03-1.59) for anxiety. Students who were (rather) not worried that a relative would become severely ill with COVID-19 had a lower chance to experience anxiety (OR = 0.72, 95% CI: 0.53-0.98) as well as those who were confident receiving medical care in case of an infection with COVID-19 (OR = 0.80, 95% CI: 0.65-0.98).

Conclusions:

Concepts for prevention and counselling in terms of mental health problems in students should be developed considering specific stressors due to the pandemic.

Key messages:

- This study shows that anxiety is widespread among university students and associated with a variety of stressors.
- The findings can help to develop specific concepts for prevention and counselling.

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Anxiety among students during the pandemic - Results from the C-19 German Student Well-being Study

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Background:

Anxiety is widespread among university students. The COVID-19 pandemic affected students' mental health negatively. Given the long duration of the pandemic monitoring mental health remains important. This study aims to determine to which extent anxiety is prevalent among students (1), what factors are associated with it (2) and which student groups are mostly affected (3).

Methods:

The cross-sectional COVID-19 German Student Well-being Study (C19 GSWS) surveyed mental health and well-being of students at five universities in Germany from 27.10.-14.11.21. Anxiety was assessed using the GAD-2. Associations between anxiety and sociodemographic, socioeconomic/social support factors as well as health- and COVID-19-related factors were determined using multiple binary logistic regression models.

Results:

The mean age of students was 24.1 years (SD = 4.9), 67% were women and 31% men. The prevalence of anxiety was 32% and diverse gender (OR = 3.98, 95% CI: 1.71-9.23), a complicated relationship status (OR = 1.66, 95% CI: 1.06-2.60), the lack of a confidant (OR = 2.50, 95% CI: 1.80-3.46), and financial